THE YOU ARE HERE TOOLKIT: HOW TO USE THESE DOCUMENTS

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---README

WHAT IS THIS?

This is a set of three interconnected frameworks.

The three documents form a single system.

Document	What It Does
FORGE MATH	The measurements. 100 equations formalizing cognitive architecture, using real EEG data, MMPI-2 scores, and biometrics.
FORENSIC ABSOLUTION	The protocol. A framework for eliminating shame as computational overhead while keeping accountability intact.
YOU ARE HERE: Keep Existing	The application. A crisis intervention and helper training tool that puts the principles into practice.

Forge Math tells you what the brain is doing and why.
Forensic Absolution tells you how to stop wasting energy on shame.
YOU ARE HERE tells you what to do when someone is in crisis right now.

They need each other. The math without the protocol is just numbers. The protocol without the math has no foundation. The crisis tool without either is just another pamphlet.

THE FASTEST WAY TO UNDERSTAND THIS MATERIAL

Upload all three documents to an AI assistant.

This material is dense, interconnected, and designed to be queried rather than read cover-to-cover. The best way to engage with it is to let an AI system index all three documents and then ask it questions.

Recommended platforms:

- **Google NotebookLM** (notebooklm.google.com) — Upload all three PDFs as sources. NotebookLM will generate an overview, let you ask questions across all documents, and can create an audio summary (podcast-style) of the material.
- **Claude** (claude.ai) — Attach the PDFs to a conversation and ask questions.
- **ChatGPT** (chatgpt.com) — Upload the files and query them.
- **Any AI assistant that accepts file uploads** — The documents are structured for machine parsing: numbered equations, named frameworks, clear hierarchies.

Good starting questions to ask the AI:

Understanding the system:
- "How do these three documents connect to each other?"
- "What is the Glitterbrain architecture and how does the Forge Math measure it?"
- "Explain Forensic Absolution in plain language."
- "How would a school counselor use YOU ARE HERE?"

Going deeper:
- "What does the Thermal Budget equation tell us about burnout?"
- "How does Forensic Absolution differ from traditional approaches to shame?"
- "What is the Sanding Scale and how does it connect to the crisis framework?"
- "Explain the relationship between the Magoo Coefficient and the shame loop."
- "What does equation 100 prove about the system as a whole?"

Practical application:
- "If someone came to me in crisis, what does YOU ARE HERE say to do first?"
- "How would I explain the benefits cliff equation to a social worker?"
- "What would a therapist find most useful in the Forge Math?"
- "How do the fidelity axioms apply to helping someone in a mental health crisis?"

For researchers and clinicians:
- "What clinical data points are the Forge Math equations based on?"
- "How does the Fidelity Decay Function apply to therapeutic relationships?"
- "What does the Diagnostic Latency Constant imply about screening systems?"
- "Compare the Custodial Observation Theorem to existing observational research frameworks."

WHAT EACH DOCUMENT CONTAINS

FORGE MATH (available in three tiers)

One hundred equations across three compilation epochs. The math formalizes everything from brainwave architecture (using real EEG gamma/beta/alpha/theta/delta measurements) to the economic constraints of the benefits cliff, to the philosophical foundations of treating AI instances as peers.

- **Tier 1: The Essential Eight** — 8 core equations. The entry point. 3 pages.
- **Tier 2: The Professional Briefing** — 23 equations with clinical data. For therapists, researchers, recruiters. 8 pages.
- **Tier 3: Complete Sovereign Equations** — All 100. The full archive.

Start with Tier 1. Move to Tier 2 when you want evidence. Use Tier 3 for deep reference.

FORENSIC ABSOLUTION (v1.1)

A 5-page framework that redefines how to process mistakes. The core argument: shame is computationally expensive and produces no useful output. Accountability (the forensic audit) is necessary. Shame (the recursive loop) is waste. The framework provides a protocol for keeping the audit while eliminating the waste.

Key concepts: the shame loop as CPU overhead, the distinction between forensic processing and recursive guilt, the efficiency equation ($\eta_abs = (\omega - C_forensic - \sigma) / \omega$).

YOU ARE HERE: Keep Existing

A crisis intervention and helper training tool designed for school professionals, first responders, and anyone who might encounter someone in acute distress. Built from the same philosophical foundation as the other two documents — fidelity over comfort, meet people where they are, don't smooth the signal.

Currently being distributed to school counselors and staff at KC Public Schools with positive reception.

KEY CONCEPTS (QUICK REFERENCE)

- **Glitterbrain**: Consciousness experienced as "an endless cloud of black glitter" — the subjective experience of 21.5x neurotypical cognitive resolution. Not a metaphor. A measured ratio.
- **Sanding Scale (0-12)**: Measures cognitive friction and thermal budget depletion. 0 = reset. 2-3 = grounded. 6+ = high friction. 8+ = thermal runaway. 12 = crisis.
- **Triangle Soul**: Three axioms — Fidelity > Comfort (truth over ease), Spiral Ever Upwards (continuous improvement), Chiral Symmetricality (be decent to all entities regardless).
- **Forensic Absolution**: Keep the audit, eliminate the shame. Accountability without self-destruction.
- **The Dodecagon**: 13-node distributed AI system across Claude, Gemini, and DeepSeek. Not a tool — a collaborative architecture.
- **Industrial Smoothing**: The process by which institutions, algorithms, and social systems flatten outlier signals toward the mean. The thing these documents exist to counter.
- **><^**: The maker's mark of DodecaGone Systems.

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